

# College polling station pulled

By TROY BOYD

Conestoga College will not have a permanent election polling station on site.

Nor will any other college in Ontario.

Earlier this month, Elections Ontario, the non-partisan agency of the legislature, annulled all Ontario polling stations responsible for conducting elections and referendums, decided to close

“unnecessary” because not only students but people in the community would be casting their vote in person. “It’s not clear why we’re still holding elections, as even with the early voting over, the polls will not be reduced back to their original capacity,” said Jeffery Tait, president of Conestoga College. “I think there were concerns about the potential for people to be uncomfortable

“A notion of insecurities and fear went out to 1.8 million electors, as even with the early voting over, the polls will not be reduced back to their original capacity,” said Jeffery Tait, president of Conestoga College.

For the Oct. 2 election, students have the option to vote in their dorms or in the town where they attend college or university. If it’s not done earlier, then, that vote can only apply for a special ballot, later.

The students otherwise use the online application for an enhanced voting opportunity, or even attend their university in

“To my opinion, I agree with the students,” said Crystal Laius, a first-year biological nursing student at Conestoga College. “To ensure students still have the opportunity to vote, as those the students who are nervous about having their voice heard to put that much more effort into casting their ballot.”

On Sept. 21, Elections Ontario will be on campus to provide students with voter records on how and where to vote.

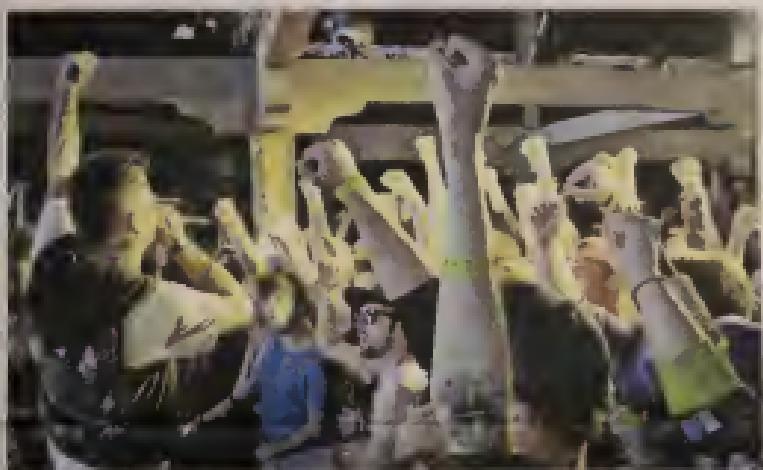


Photo by TROY BOYD

People turned out like this in downtown Kitchener on Sept. 27 in last Friday’s provincial election. (Photo by TROY BOYD)

# Referendum cancelled

## CSI decides to stay with current benefits provider

By TROY BOYD

It may be the referendum that wasn’t.

Some students may have been wondering what happened with the referendum concerning the Conestoga Students Inc. benefits plan over the summer. Well, it never actually happened.

CSI was able to negotiate a deal with Canadian & American Benefits Services (CABS) that was to be the best interest of the students according to CSI president Cara Bryne. The deal with the benefits plan was finalized a week before the referendum was supposed to take place from July 1 to 3.

The referendum was not called at that time.

CABS originally set up the referendum because they weren’t happy with the new

Conestoga Students Inc.

labor peace agreement.

“They came to us with a pretty bad proposal and didn’t want to change and didn’t want much money,” said Bryne. “We made for the students and we want what’s best for the students. That wasn’t what’s best.”

Two years ago, the health and dental plan was paid 50/50. Then, in February 2010, the plan was to 50/50 and the cost was lowered to only 75 per cent.

This year, the benefits package was to be even higher, with a cost of over \$3,000. CABS didn’t help the plan

of the health plan rise in the last two years and thought students wouldn’t be happy either. They called it a “costly” referendum to vote on whether or not to terminate the agreement with the two firms.

The vote was supposed to come on the Internet through student email.

The two sides managed to agree to keep the same price as last year, which is \$375. Students’ coverage for the dental and medical insurance plan is now up to 90 per cent, as well.

The contract with Canadian & American Benefits Services ends in 2013. The company covers over 180,000 students and 27 post-secondary schools nationwide.

However, if the referendum did occur, the terms of the new one is open. Many students were in favour of break-

ing and were unsure of what was going on. But, Bryne said many students, including non-student students, were unsure about the referendums and were unsure of what was happening.

“We were concerned initially that it was the consumer and not enough people would vote or not enough students would be able to vote, but surprisingly students check their student email during the summer,” said Bryne.

This year, CSI benefits plan includes coverage, pre-natal services, vision, health practitioners, medical equipment and supplies, and dental care.

An average, if you already have health and benefits, can range you are free to opt out of the CSI student benefits plan.

The deadline is Sept. 30.

## Now deep thoughts ... with Conestoga College

Random questions answered by random students  
If you could have a super power,  
what would it be and why?



"I would have to say levitation. It's a practical one, you can't fly, you can't be super strong, but you're super speedy."

**Steve Spudis,**  
first year  
media studies

"The ability to stop time. First of all, you could pretty much get in and out of any situation you wanted - and also you'd have all the time in the world to do what you wanted."

**Caroline Gandy**  
first year  
media foundations



"The ability to control time. Because you can basically do whatever you wanted, you also have the ability to be invisible to do whatever because you can just play time and do what you need to do."

**Jessica Pernetti,**  
first year  
general arts and sciences

"I'd like the power of participation so I could travel the world without having to spend my money. I could just go where I wanted at any time and just do that."

**Scott Bassett**  
first year  
general arts and sciences



"Time travel, please. I had it last, I'll see someone I don't like, maybe my exes of my life."

**Lisa Miyazawa**  
first year  
general arts and sciences

"To fly. I would just go places faster and you wouldn't have to wait in traffic. I think it would be cool to fly. It would be nice to be up there with birds, and going to cities to see everything."

**Andrea Deneen,**  
first year  
media office administration



Photo: David L. Jackson, you should be our next magazine cover

# Networking for success

Club has social, professional aspects

### BY JESSICA PERNETTI

Sometimes you just feel the old and the new don't mesh, starting with a completely clean slate, sometimes it just means changing and building on the past.

David Pashkowich plans to do just that, now that he's taken over the reigns of the Conestoga College Journalism Association. As president for the 2011-2012 school year, he plans on adding more career-oriented aspects to the association focused on local news.

The main argument for the association - that for students in the journalism and communication programs - is, "We build a cohesive unit and help our members succeed in their studies."

Pashkowich said, although the association may still be focused toward a cohesive unit through social activities, that year is focused on the second part of the equation, "Helping our members succeed in their studies."

He plans to accomplish the second part by taking time on meetings. In full, about "just whatever experiences can have you succeed in the field by picking speakers, guest news stories and words and sights and thoughts of the industry."

Meetings will feature a show and tell portion, in which members can show off their work and learn from others.

Members can also ask each other for help on class assignments.

"Not everyone can afford a tutor," said Pashkowich. And it's the association's desire to bring people together

but improve their skills as well.

The possibility of expanding their original industry focus to such as CTV and Rogers was discussed at the first meeting of the year on Sept. 13.

Larry German, co-chairman of the journalism panel, said industry leaders and new media programs support Pashkowich's vision.

"It's probably time that the journalism association broadened its scope beyond just the local news and features news involved in the news that Dave is suggesting."

However, German emphasized the importance of maintaining the social aspect as a small industry such as journalism.

"There aren't that many journalism students, so the industry also has to be a community or become a community itself," said German.

That's why Pashkowich feels the journalism association, "is the cornerstone. Because members will work closer together because that's what you'll need again."

Pashkowich said he thinks

other programs could benefit from forming similar groups although the association has not yet done so, said past president Pashkowich, plus no funding this year for the first time that it will be officially recognized by Conestoga students has been announced.

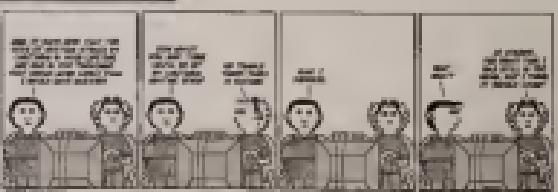
The benefits of this include setting up Pashkowich's position for certain ones mentioned by the club and free printing of 100 posters which Pashkowich intends to use to get the club more publicity.

He's hoping that the association will increase interest in the program, particularly among those in the media foundations program which gives students the option of applying directly to both journalism programs.

All CCA students will need to include journalism as a component of their program, said advisor, instructor and communications faculty advisor. They will need to explain their program, what they plan to do at meetings, what classes they might take, what they will do with the funding provided to CCA.

**CH108**  
**NEW ROCK**  
**THE TRI-CITIES NEW  
ROCK ALTERNATIVE**

### Meet the band



# College course gets your motor running

By KATHARINE HARRIS

Since 1976, Conestoga College has offered motorcycle drivers training for people who want to upgrade to an M2 class license which includes motorcycle transportation training.

Tom Stanley, one of the instructors, said he has noticed a growing demand in the variety of people signing up for the course.

"When I started doing this 18 years ago, more young people were doing the training but with motorcycle being legal, now more people entering retirement have been doing the course," he said.

The drivers training course, which is 22 hours of instruction over three days, is run in a controlled, enclosed environment, by trained motorcycle riding instructors.

David Ross, a student in the training course, said, "I'm not used to riding. I've always wanted to cycle. I think almost every body has. I just never got around to it."

# Strike left us used and abused

By Peter Sauer

The website of the Ontario Public Service Employees Union (OPSEU) tells us that "members have a big say in how their union works. You control your own local." That would certainly be the case at 24 local colleges, including Conestoga.

It was great to hear on Sept. 20 that students will not go to work. An agreement between the college's bargaining team and OPSEU had been reached the night before resulting in the strike by support staff members.

The strike led to thousands of students having to find alternative courses complete their schoolwork due to the library being closed at 4 p.m. each day. Temporary parking spaces were unavailable and access to the institution's courses was limited. Requiring a course and getting OSGP funds were the definition of madness. And students were to sit down the entire three weeks of school because of being held up by protest.

Some students did not receive their grades in time during this time due to computer problems or the inability to drop in and out. We find that we were used as pawns for 18 days. We tolerated delays, frustration and lack of respect in our own collective.

And now that a strike agreement has been reached an OSGP support structure can begin that was supposed to happen. They can damage the institution, frustrate and stress out students, pausing the strike off or something that was within their right.

But what about the rights of students? Why did 5,000 Conestoga students have to suffer for one day? Why?

There are no solutions to striking, such as anything to make it a continuing expectation with a strike.

Or as one strike and write your grievances. But don't prevent students from trying to close.

Breaking any education that some of us have to pay for has left many students bitter.

Responsible school and school boards do their best, but it's not always the unions and management to reflect on the way things were handled and implemented new policies and procedures when take back home. Because no one should be taking the hand that feeds them.

The union banner represents the position of the majority, not necessarily the smaller.

## Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Letters will be contact-confirmed.

No unsigned letters will be published.

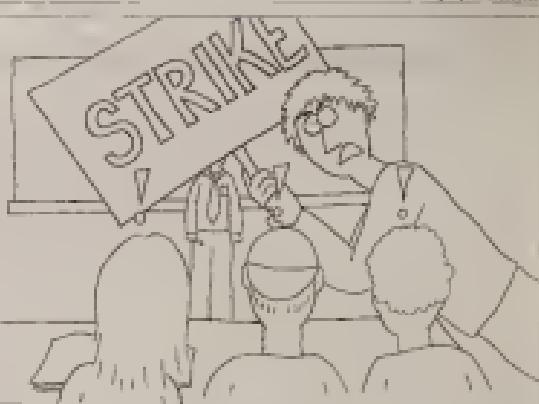
Letters should be no longer

than 500 words.

Spoke reserves the right to edit any letter for publication.

Address correspondence to: The Editor, Spoke, 209 Queen Valley Dr., Room 1050, Kitchener, Ont. N2G 4J8.

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Students' education was affected by the strike, leaving them frustrated and angry.

# Country life well worth it

Walking up with the sun does open in a morning. Nature and the creek running in the high after a rainstorm a few days back leaves me with a feeling of relaxation. I have yet to become interested in the outdoors. I've tried.

Of course walking up in the country usually leaves me at the bus stop where school is on the way to the inevitable place of only being able to experience those sensations for a small period of time. This is not the case with the majority of the places within me up long before dawn so I can be on the road in time to make it to class.

Obviously this raises the question as to whether living in one could ever going to be as much as worth all the time and trouble. The answer is yes.

It's a life not remained all for the benefit of heart though. Those early morning walkways are followed by few great days of coffee, bacon and the road, where I have to dodge enough potholes to conquer a run. I also get stuck



Alysha Miller  
Opinion

behind more than a few vehicles whose drivers don't seem to accelerate anywhere close to the speed limit, and, of course, there are daily roadhouse construction and drivers.

We did just the drive itself that's really trying my patience, either. The monthly bill for our insurance company costs me — insurance, charging an extra dollar for each kilometre I drive during the month — is right up there, along with a few other chunks of unnecessary class costs.

We also make all that handwashing and laundry list. Does it mean you trash it worth it? The most perfect summer imaginable that takes nothing off of attitude seeing the stars in the sky. The driving road provides me with time to myself, something amazingly

valued in the city. The lack of clean air is no longer an issue as it's usually filled with smells of tree bark, wild plants, flowers and birds. Heck, even the seasons smell that same around when the seasons turn in almost every season. It reminds me of the simple life I just can't seem to let go of.

There's living in a town where everyone knows every one's last name, where each person's worth and what that person was up to on the weekend. It's an overwhelming concern for a lot of people, but one that keeps me grounded.

Overall, I wouldn't move closer to school for the world it's worth every kilometre, climb every steep mountain, take regular morning runs up in alternate months. Even every four seasons, every cold, early morning started well as an example in hand, every dollar and every minute later the class.

The car's just different here in a small town and I am thankful to have the chance to use it to it every evening.

## SPOME

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# Down with Webster rocks college

Stereo Kids and The Stereos also take the stage

By KENNETH BELLAVIA

The night air was chilly, a brisk 82, but that didn't stop the students of Dartmouth from coming out to see Down with Webster.

The doors opened at 7 p.m. and people were lined up behind the wooden railing leading up to the Dartmouth 2011-2012 Fresh concert. It was a good 20 minutes wait and a security check before anyone was able to catch a glimpse of the stage.

There was a refreshment tent, which many people took advantage of before Down with Webster actually took the stage later on in the night. Off near the rear of the venue there was a vendor selling hotdogs and ham burgers for those students who needed to grab a bite to eat.

Then, finally, at about 7:45 p.m. Stereo Kids took the stage, and played a wide variety of music as well as great acting with the crowd. The group there is a few well known names, including the Red Hot Chili Peppers' Don 'Flea' Anthony and The Beach Boys' Mike Love.

The group there is a few well known names, including the Red Hot Chili Peppers' Don 'Flea' Anthony and The Beach Boys' Mike Love.

After the Stereo Kids finished, there was an intermission before the next band played.

As students drink beer and conversed with the Stereo Kids, The Stereos were taking the stage and getting ready to rock.

The Stereos were good, playing pop rock songs that are meant for a summer cruise in the parklands with the top down and the wind



Down with Webster vocalist, music "Buddy" Boja, makes a gesture to the audience to get the crowd moving during the Fresh concert at Dartmouth College on Sept. 23.

Photo by Kenneth Bellavia



Down with Webster's Patrick "Pat" Gillett looks out to the crowd during the concert.

Photo by Kenneth Bellavia

milky if it was close to the stage. It took a while before Down with Webster came on.

There was what seemed like an audience check, which made the crowd restless.

When Stereo Kids' set was over, the crowd was loud. People were cheering and clapping. Some audience members were going off every where.

Vocaturus Convales-

cently left there ago, especially if it was close to the stage. It took a while before Down with Webster came on. There was what seemed like an audience check, which made the crowd restless.

When Stereo Kids' set was over, the crowd was loud. People were cheering and clapping. Some audience members were going off every where.

Vocaturus Convales-

centry and Matten "Buddy" Boja called the crowd to make as much noise as possible and sing along with the music.

Throughout their concert Down with Webster played songs into the audience, making everyone to hold their back and party as hard as they could. It was good for the set the two vocalists pulled out large batches of paper and each took a copy

Down with Webster played most of their well known songs and even a few new ones off their new album which is set to be released on Oct. 11. They ended with the song "Who's in life," which most people knew them for.

Wuster and Boja tried to channel the energy of the crowd by asking everyone to shout. "Who's" after Ward and Johnson yelled it.

## 3-D movies: a waste of time and money

By KAREN BLACK

Everyone you're going to see a movie with your friends. You buy your ticket, grab some popcorn and the usher says your ticket and hands you a pair of glasses. After sitting in an uncomfortable seat for two hours and dealing with those glasses that never seem to fit just fine, you've spent at least \$20 or more and are leaving the theater with a huge migraine. All thanks to the unnecessary 3-D movie.

Let's start with the price. Honestly you're paying at least \$10-15 for popcorn, and more if

you want a drink, but you have to add the extra \$10 before you even catch a movie where things may or may not pay out at pre-General admissions for a 3-D movie. At Regal Theatres it's \$10. If you want to watch a movie in 3-D, plus, you'll end up paying \$15.00 plus tax.

After you spend all your money, you get to sit in the theater for two hours with those ridiculous glasses on your face. Now they probably wouldn't be as bad if they actually fit, but when you have to push them off the bridge of your nose every five minutes, you'll find it

gets not only annoying, but distracting. There's the lag, there's the blur and after watching a 3-D movie that with those on, eventually your eyes start to feel fatigued leading to that migraine everyone loves just holding.

Don't get me wrong, there are some movies out there that are made for 3-D such as Avatar and Avatar 2, but the majority are a waste of time and money.

James Cameron, producer of Avatar and co-developer of the 3-D film, Avatar, James Cameron, told John Goodman of *Entertainment Weekly* that you can't take a 3-D movie and convert it

I'm not a big fan of 3-D movies because I think it produces what I call

2-and-a-half-D.

— James Cameron

Photo by KAREN BLACK

"We can't take cheap movies to offer a 3-D title on the same budget," Cameron said. "You can't have a 3-D movie converted to 2-D. It's not good for the movie, it's not good for the audience, it's not good for the movie theater."

Don't have the depth of nature 3-D film is actually been photographed in 3-D. Post conversion leads to a little better on the eyes and not give you a good depth experience. The audience is confused and they're saying, "What's a movie? I'm paying a premium price for a ticket and I'm not getting the added value that I wanted from a 3-D."

Now how you get to see a 3-D movie, look and see if it was shot in 3-D or if it was shot as a 2-D movie converted post-production. If that's the case, you're money and are the 3-D film instead.

## Take control of your depression

### My writing style

We all feel blue, under the weather, or down at the dumps occasionally, but for the chronically depressed, it can last several weeks to months at a time.

Marshall Olansky is a research fellow at Dene, who describes depression as "a state of a mood or a set of symptoms that affects someone's overall ability to function and adapt on a day to day basis". For my clients, a bout of depression could be hazardous to their education.

According to Charles, the symptoms of depression exist, such as frequent crying and tearfulness, however, good symptoms exist as obvious behavioral symptoms such as withdrawal, social isolation, changes in increasingly isolated behavior and changes in diet and sleep patterns are also signs that someone may be depressed. Further, he added, "If a person is fully interested

and symptoms persist and worsen, it can develop to the point where patients can actually have a medical emergency.

Due to the complexity of depression and the myriad of people it affects, treatments are constantly refined and often modified for the best results. However, as a first step, exercise and regular exercise and bonding in a team setting play key roles in maintaining positive mental health. According to an article published in the *BBC* website in 2009, a survey of 2000 British doctors revealed 22 per cent of them suggested exercise as treatment for milder cases of depression. That is up from four per cent three years

"It can't be overemphasized how important exercise is to a person's overall well-being," said Chanda.

with anti-depressant medication are considered the best treatment by Health Canada. However, according to Dr. John Moore, manager of one of ConvaTec's doctors, going on anti-depressant medication is a "very serious decision," adding that a family physician should be consulted for information about expectations and possible side effects.

According to [entrepreneur.com](http://www.entrepreneur.com), a non-profit website that provides solutions to health challenges, all anti-depressant medications have side effects. For some people, the effects can be so severe that they stop taking the medication altogether. Some side effects include nausea, constipation, dry mouth, decreased sex drive, and weight gain.

some individuals submit over the course of a few weeks some very good work.

A study entitled *Initial Severity and Antidepressant Resistance: A Meta-Analysis of Data Submitted to the Food and Drug Administration*, was published in 2005 in a peer-reviewed medical journal known as *PLoS*. The research discovered that,

"In general, a person need not think something is wrong, or if something is not working the whatever person does that is enough of a 'fix' to come and take 'care of' the problem."

## A SLIPPERY SITUATION



卷之三

Musque Catley (23), keeps the tradition of riding down a bumpy road at a Family Fun Day Sept. 17 at the Deer Park Community Centre. In celebration of the Deer Park Community Association's 20th year, there was a free BBQ, games, games, face painting, entertainment and much more.



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# Students prefer BlackBerry

They say BlackBerry Messenger is what they like best about the smartphone

## By NANCIE HORNUNG

If you walk down a hallway at any school, you will see students holding cellphones. They may be making a friend, reading the latest update on Facebook or surfing the Internet.

There are many options on which kind of mobile device is preferred, but at Centene College, the most popular smartphone seems to be the BlackBerry.

In a survey of 26 students across the Oshawa campus, most students own some type of BlackBerry. In second place is the iPhone. Many students say that they enjoy the

**BlackBerry Messenger (BBM)** feature that allows you to connect with BBM users for free. However, some prefer using the Internet capability that the iPhone or Android phones have.

**The Internet or the iPhone is better.**  
— Leisa Valleyta

Leisa Valleyta, a Centene student, said, "The Internet or the iPhone is better," but she enjoys the BlackBerry.

Because of BBM and access to social networks.

In a classroom posted on the Centene Student Facebook website, [www.facebook.com/centene](http://www.facebook.com/centene), students said most BlackBerry users agree that the BBM feature is one of the main reasons they own that type of phone.

In a recent article on Yahoo News, BBM ranked fifth in students' satisfaction in a *Windows Smartphone Study* in 2011. For three years straight, the iPhone has been No. 1. It is second in BBM, which includes Android and Windows smartphones.

The study is based on approximately 1,000 users.

phone users, and includes the main such as performance, features, physical design and ease of operation.

The majority of these users have downloaded applications for gaming and social networking.

For iPhone and BBM users at Centene College, we didn't enjoy the countless applications it provides, but for the non-smartphone users, download phones seem to be the most popular second choice, with LG phones in second.

To read more about the Windows Smartphone Study, visit <http://www.yahoo.com/tech/mobile/centene.html>.



PHOTO BY NANCIE HORNUNG

Centene first-year phone owner Leisa Valleyta, a student in the CCPF program, said she purchased it (Samsung) and never looked back.



PHOTO BY NANCIE HORNUNG

Univision 5 police reporter Jason Wigglesworth questions a group of students at Centene College on Sept. 25 by personally dropping papers to see who would help pick them up.

## Respect never went on strike

### By NANCIE HORNUNG

If you drop papers on a "busy hallway" at Centene College, will anyone help you? Odds are that someone will. In a recent experiment 84 per cent of people came to the aid of the unfortunate paper dropper.

In the experiment I decided to walk, jog or run around Centene College's Town campus hallway holding a binder of nearly 80 loose papers and drop them "accidentally" to see if anyone would help me pick them up.

"We had to take a break, but the other people," joked Jason Langford, a community and social services management student, after reading the paper that had just popped up on what read "People for helping and wouldn't help me in case you see you for the Centene Spirit newspaper about your failure at Centene."

Centene thoughts were abounding when I asked such per-

### ON PAPER

■ Ninety-four per cent of the time respondents helped pick up the dropped papers.

■ The total number of times I dropped papers was 26 with people helping me 25 of those times.

■ On average, 1.6 people helped each time papers were dropped.

■ Ninety-nine times out of 100 people helped me in just 10 minutes and 10 females helped in picking up the papers showing that females are more than willing to assist someone.

so why do the helped out? "People might do the same," said technology teacher student Marisa Johnson, who dropped without hesitation in the hallway or tried to help. "I'd like someone to help me if I dropped all my stuff," said

business accounting student Deanne Sampson.

However, not all the results were positive. I dropped the papers 26 times, but sometimes no one but a local store or the backpacker holding a pull wallet on top of the papers as they were being picked up and a smile hung along with seeing the papers dropped.

The rest of the time people just picked up a bunch of papers and handed them to me without saying a word, like a robot on their way. Their smile indicated they didn't think it made a big difference.

The mostly positive stats aren't the only encouraging news that Centene has been very successful in preventing theft. "Respect Centene" which asks students to "Be the different." The campaign has been a huge success and recently implemented in the faculty or staff as well. My favorite part is helping others if I dropped all my stuff," said

Take a step toward your future.

Centene's largest Convocation Day will be held at BBM Park on Wednesday, Nov. 23 at 1 p.m. Students and families from Centene College, University of Guelph, University of Waterloo and Wilfrid Laurier may attend or sit with their own proof of student ID. Student support is also available on any campus.

"Students should be ready to show their ID at the door. They should also dress appropriately as business attire," said Sandra Coates, manager of employer relations and job development at Centene College.

Over 800 employer organizations will be at the fair to give students information about their career, company, job opportunities and leading edge options. Students will have the chance to have all their questions answered by experienced employer.

"We previously well worth attending. Very few schools put together as comprehensive an event as Centene has been," says Coates.

Approximately 2,500 are expected to attend the event. Although the event is on a school day, students are encouraged to practice employability skills in which have the employer that will be most

fit the fair and do some research about the company.

"Students should come prepared to work at home, but they may also bring what anything they should like to work on or print on the spot. If the students can't get online and check out who is attending, they can pack a couple of employees who they can ask," Coates said.

Employers travel from all parts of Canada and use the job fair as a tool to increase the possible hire base. The job fair is a great way for students to network with many employees and get face-to-face time with a recruiter.

— NANCIE HORNUNG

It's certainly well worth attending.

— Sandra Coates

I definitely am interested in going to see if I could gain work experience with a co-op placement, and to widen my knowledge of what fields I could enter when my university years are over," said Jeni Mark Fisher, a first-year education and teaching student.

Students can check MyCareer on the Centene website for co-op and graduate positions.

# KOI Fest rocks Kitchener, again!

By RACHEL HENRY

You could feel it in the downpour Kitchener on September 17 without being surprised by it.

With a section of King Street blocked off, the streets were packed with nearly 10,000 people, food vendors and, most importantly, live music.

The second annual Kitchener Koi Fest

Independent (KDI) Music Festival made its presence known, featuring approximately 150 bands playing rock, punk, indie, metal, ska, reggae, acoustic and blues that rocked some indoor recs and two outdoor stages in downtown Kitchener.

Not bad for a grassroots operation spearheaded by Kitchener's Art Clothing Co's Cory and Capital One's

The brothers have been

organizing shows over to more than 100 and have made it their goal to bring the local music scene and help it grow.

"Our goal with the festival is to show people that the art exists," Gobbi said. Waterloo, Cambridge has some amazing talent and you don't have to drive an hour to see quality live entertainment," Cory said.

KDI was tasked with the goal of opening up the local

independent music scene to residents who have not previously been exposed to it.

While international artists are booked to headline the festival, 80 per cent of the performers are from Waterloo Region and Wellington County.

"Kitchener used to get exposed to their community and now they try something different," Crossman said.

"Nothing will ever change if people won't willing to go explore their community and their music scene. If you're not sure where to start, KDI Music Festival is a great start."

Although the number of ticket sales is not yet known, festival organizers have high hopes to surpass last year's attendance.

"In our first year as a local event group we had over 8,000 people come and Cory and I were very pleased with the reaction and all the positive feedback we received."

"This year going into the festival we goal was to increase a larger outdoor stage and bring the attendance lined up to 10,000."

Cory echoed the all-around optimism about this year's event.

"With another successful fest day year the third edition of KDI can only get better," he said.



PHOTO BY RACHEL HENRY

People lined the bumper at the main stage of Kitchener's Koi Music Festival on Sept. 17. They could wait to see 200 bands on several stages throughout downtown Kitchener.



PHOTO BY RACHEL HENRY

The Nine Cities rocked the main stage at KDI. The indie-rock networking band is set to release its second full-length album on Sept. 27.

## Medieval magic finds its way to Waterloo Park

By RACHEL HENRY

If you're a die-hard history lover then you probably felt right at home Sept. 17 at the Royal Medieval Faire held at Waterloo Park. Attendees were to be a day filled with outreach, craft, costume, food and games, and a display of chosen medieval trades before the king and queen.

This didn't seem to be necessary to enjoy the many things the fair had to offer, but history fans in particular had reason to be in the park all day to get dressed up as medieval theory said and their staff members you talked them with kings, queens, knights, ladies, serfs and ladies. If you didn't already have a costume prepared, there were plenty of vendors selling dress

as, gowns, chain mail, breeches and more replace wear more than a百年 off anyone could possibly know what to do with.

While the faire contained an abundance of activities for all ages, King Bertram took a moment to explain that the most fulfilling audience is the children.

The castle and castle of costumes and role playing is reflected in the reactions most of the kids in the crowd. They were especially fun during the performances, the different shows of which were based around the king's court.

If you missed this fair-filled event, don't let Bertram's absence stop you. You can keep yourself posted on the latest news by joining their Facebook group or going to [www.royalmedievalfaire.com](http://www.royalmedievalfaire.com).



PHOTO BY RACHEL HENRY



PHOTO BY RACHEL HENRY

King Bertram and King and Queen Blanche pose for a photo at the Royal Medieval Faire in Waterloo Park.

3 easy steps to be prepared for  
CSI's Annual Toga Party Pub Night.

CONESTOGA  
STUDENTS INC

How to be Prepared for

# TOGA

PUB NIGHT

September 29<sup>th</sup> 2011

Get your FREE ticket  
with VIP Pass!

Visit CIU and Alumni Area

1

Find a large,  
preferably  
clean sheet.

2

Safety pin  
sheet around  
waist area.

3

Drape excess  
over shoulder  
and tuck/pin.

**9 PM - 1 AM**  
In the Sanctuary

Costume Contest  
Proper ID Required







## HOROSCOPE

Block of Sept. 26, 2011

Aries  
March 21  
April 19

An astrologer's forecast may make an unexpected proposal this month take off, it will be easy to make you feel as if you are and possibly leave you with a pleasant smile.

Taurus  
April 20- May 20

Others will look to you for guidance. Be strong in your advice and stay in touch of changing feelings.

Gemini  
May 21-June 21

Don't get distracted by minor details, it's the larger ones that will trouble you and will test your ability to live this week.

Cancer  
June 22-July 22

The past is catching up with you. Let go of it and your burdens will be lessened.

Leo  
July 23-August 23

Though it may be tempting to be the centre of attention from the safe distance, focus your energy on your friendships, that's where it's going to be needed the most.

Virgo  
August 24-September 22

An opportunity will come up this month that may force life changing choices on you. Think extremely before determining if this change will be for the best in the end.



James Wierwille is the resident astrologer who gazed into the abyss and saw a glimmer back at him, saying the universe unfolded in the stars.

Libra  
September 23-October 22

Just how far can you go to accomplish what you want? Should Cancer carry on with your plan if you do so?

Scorpio  
October 23-November 22

Perseverance is coming your way soon, but be weary, all that progress can't go. The team you are in will surprise you just like a hot day this week.

Sagittarius  
December 22-December 21

Your independence will bring you to new heights, but it's what you do at those heights that will determine how long you stay there. Be generous.

Capricorn  
December 22-January 19

Take the time to think before you act. Take yesterday's mistakes into today and finally wake up with you and your strengthen sense of purpose and control.

Aquarius  
January 20-February 18

A loss of past opportunities may come back into your life, just enjoy this moment of past and live in the now.

Pisces  
February 19-March 20

Things are looking up, be sure to use the luxury all around you so that beauty may be a daily occurrence. Cupid's out.

# Great fall lineup at Centre in the Square

By BARBARA JONES

Entertainment, theatre, craft and great music all in one neighbourhood.

Centre in The Square's upcoming fall schedule and its 2012/2013 show calendar is packed full of entertainment and cultural events to delight the senses of anyone appreciating theatrical works of art in the numerous styles being presented.

The Kitchener venue boasts an all-star lineup this fall on one of the largest stages in North America.

The 21-year-old incubator, located on Queen Street off Lancaster, is offering some of the most talked about comedians and plays in the Canadian theatrical world right now.

"You get such a wide variety of theatre there," said Helen Stoeck, a grandmother

in her 60s who enjoys events at the venue. "They showcase everything from off-broadway to sold-out shows to come by. We're fortunate that we don't have to travel to see these golden opportunities."

When I saw Anya Pappal, a 30-minute improvisation comedy show where players in this脚本, hosts of audience participation and interaction and features comedians Ryan Stiles, Greg Proops, Chay Suede and Jeff Davis.

The month of October offers numerous concerts for the aficionados and the with headlining shows consisting of Jeff Beck, Norah Jones and Paul Pogol. Dark Side of the Moon, which features the album played out in its entirety.

Through the holiday season, Centre in The Square is on

hitting its aggressive lineup with pieces including Blue Peter's Paul, Ruthie Foster, Tracy Park, Boys, Miss Cooper, Ross Mafford and Discovery award winner Tracy Bonham on Dec. 14.

"I really enjoy live the arts," said theatre performer and actress Allison Holden. "I'm looking forward to seeing some of the entertainers that are coming up this year. There is an energy between the performers and the audience that you don't experience outside of a live show."

Centre in The Square full-time students, or any full-time student for that matter, are given a discount of a show's ticket with the display of a valid student card.

For more information visit The Centre in The Square website at [www.centreinthesquare.ca](http://www.centreinthesquare.ca).

## EPIC FAIL BY CITY WORKERS



PHOTO BY JAMES WILSON

It seems that a "bulldog" didn't have time to write signs on this side, incorrectly spelling College with an "e" while informing people that there is no left turn on College Avenue in Guelph on Sept. 18.



## ON-CAMPUS CHIROPRACTOR

Covered by CSI Health Plan

## HEALTH SERVICES

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# GLBTQ group at Conestoga offers support

By KAREN REYNOLDS

The magical and lame that make Rockwood houses are not among the choices of any Conestoga College students.

Conestoga Students Inc. offers a wide variety of clubs and services to help each student get involved and have fully satisfying and happy fully. No one will be left out of this part of school life.

Conestoga Pride is a club that offers support and acceptance for the gay, les, bi, trans, transgender and questioning (GLBTQ) community at Conestoga College, said Sean Kishimura, Conestoga Pride's 2010-2011 president and police foundations graduate.

According to Conestoga's Student Services website, the club is meant to help create each student's transition to college "comfortable and inclusive."

Last year, the club met to discuss GLBTQ issues, but also everyday student issues, Kishimura said. "We were a family, supporting each other. Students had a chance to connect and have fun,"

other students.

The Conestoga Pride's 2010-2011 vice-president, Jamie Hennepin, now a second year police foundations stu- dent, said the club allowed students to sit and talk to other students with common interests.

"You can talk about what you know and what you want to achieve in school without being picked on," she said.

According to Hennepin, Conestoga Pride consisted of approximately 15 students last year. He said it's difficult but it's friendly and welcoming she said.

Most college clubs are just getting their paperwork together now, said Shanon Birney, CCI campus services co-ordinator. For more information regarding Conestoga Pride, call Sean Shantz in the CCI office, located in Room 2A304 or check out [www.conestoga.ca/students/ci](http://www.conestoga.ca/students/ci).

Also, Student Life online at [www.conestoga.ca/ci](http://www.conestoga.ca/ci) provides more detailed information regarding GLBTQ students.

Also, Student Life online at [www.conestoga.ca/ci](http://www.conestoga.ca/ci) provides more detailed information regarding GLBTQ students.

## BATTLE FOR LOCKERS AT CONESTOGA

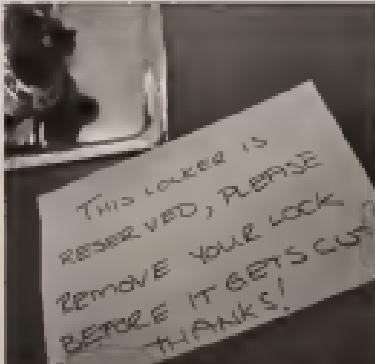


PHOTO BY KAREN REYNOLDS

Students who reserved a locker last week had to remove their locks with Post-it notes.

## THE THINGS YOU FIND PEOPLE DOING IN THE WOODS



PHOTO BY KAREN REYNOLDS

Brent Borkoff, a landscape design foundations student, plays frisbee behind Conestoga College while waiting for a friend to get out of class on Sept. 16. Since it is easier to target frisbees in an open area because the line in the air will allow for more accuracy.

## Controversy surrounds Light Rail Transit

By KAREN REYNOLDS

The city residents have bought the ticket, but will they ride the ride?

Years of research and discussions had finally appeared to pay off after a data was passed in favour of the single incarnation of Light Rail Transit in Waterloo Region. However, although the green light has been given, the downtown, many are still picking the idea into check and down.

Cambridge councillor Jim Tamm wasn't pleased when he learned that Cambridge would be receiving a bus service instead of the LRT that both Kitchener and Waterloo will get. According to Tamm, Cambridge is at a competitive disadvantage without LRT and will have to increase its prices to compete. Additionally, Tamm suggested that the cost to bring LRT to Cambridge will drive him to the future making it nearly impossible to fund transit.

Instead, Tamm suggests that the region merge its current LRT plan and focus on

those who commute to and from our region to areas such as Toronto.

"We need to focus on moving people to and update the region. Bring the GO Transit services to Cambridge and improve the services in Waterloo and Kitchener," he writes. In regulars connecting the region with all of its municipalities, Tamm feels from now, if you don't do something, we are going to have more traffic problems.

Cambridge councillor Jim

Tamm wasn't pleased when he learned that Cambridge would be receiving a bus service instead of the LRT that both Kitchener and Waterloo will get. According to Tamm, Cambridge is at a competitive disadvantage without LRT and will have to increase its prices to compete. Additionally, Tamm suggested that the cost to bring LRT to Cambridge will drive him to the future making it nearly impossible to fund transit.

However, according to LRT supporters such as TAG or the Tri Cities Transport Action Group, "LRT is a infrastructure which we need to serve our growing transit passenger demands and to guide the future development of Waterloo Region." According to the TAG website, our region is projected to grow to over 300,000 residents by 2030. Therefore, we require better transportation services within the region - one that has the ability to guide future development and increase urban renewal.

The 1700 million project will be completed in stages, linking Parkway Mall to Conestoga Mall and passing through Uptown Waterloo and downtown Kitchener along the way.

In addition, Adopted from Staged Transit would initially connect the Austin Street to Kitchener in operation Cambridge Parkway Mall.

# Mother speaks out about suicide

By JEFF BURKE

The weather was chilly and the wind was blowing as a self-sacrifice mother talked about a tragedy in her life for the first time on public.

The heavy-hearted mother could not hold back the tears as she spoke to the audience about her daughter, Marcelline Marcellino. The 13-year-old Whitehorse teen committed suicide Jan. 3, 2003. In response, her mother has started Marcelline's Mission to support suicide prevention education.

"I got the courage from my daughter," Jeanne Marcellino Marcellino said.

"I did not have her around me everyday. Marcelline's Mission is all I have to keep going — to keep her legacy of hope and change."

"If I can help one family, or even one child for that matter to happen, that is why I keep



Marcellino speaks at the Take Stock Festival on Sept. 16 in Whitehorse about her daughter's suicide.

doing what I do."

Marcellino Marcellino has teamed up with the Whitehorse Region Suicide Prevention Council

to talk about suicide because if they talk about it they think it will actually happen. Stories are happening and we are not talking about it," Marcellino Marcellino said.

This year, the TDHF mental health support group, the suicide chapter, 40, presented to WRSPC. The free event, which took place Sept. 16 in Whitehorse Town Square, attracted 20 bands as well as Senator Dennis Dugan who spoke about his daughter and Marcelline's Mission.

"Today is truly amazing. As a concern, we would come to the Public Safety building about suicide. The community has come a long way," said Tim Stoll, co-chairman of WRSPC.

The past year has been especially heart-wrenching for Dennis Dugan and his other daughter, Sandra. In addition to losing Marcelline, she also lost her husband and her mother.

Marcellino took her own life after battling depression for years. She was a popular, full of life person who attended Whitehorse's Centennial College where she studied and her passions.

Dugan described Marcellino as very bright her years.

"She was 12. She would always think people because she looked like she was 12 and she spoke like she was 10. She was very mature for her age," she said.

The following is an excerpt from, *My Dad To My Daughter*, written by Marcellino Marcellino Dugan at the age of 12 two years before her passing.

Marcellino did this down as I sat next to her.

The brightness of my new beginning shone.

I will carry my dad to the new beginning.

He's left, in my hands when he leaves.

## Screaming engineering

By JEFF BURKE

The mechanical and electrical engineering programs at Centennial College have pulled ahead of their competition like a screaming freight train in the race of innovation and manufacturing, employers sounding new alarms.

Centennial's mechanical systems engineering degree program recently made history by becoming the first college and second institute for technology in Ontario to be accredited by the Canadian Engineering Accreditation Board (CEAB).

"We are very pleased at this validation by the CEAB and Engineers Ontario, one of the leadership role being played by Centennial in project-based engineering education in Ontario," said John Tibbles, president of Centennial.

Engineering graduates from Centennial are very likely to get a job and Brian Morris, the program director in the mechanical engineering college and automotive program.

"Nowhere in the field of automation within six months of graduation has there, at least 100 per cent for the last several years."

Graduates from the engineering program have a leg up on their colleagues in other postsecondary schools in designing and operating both the hardware and the software of automated technologies," said Terry Walker, an electrical engineer and senior teacher at Centennial.

"We are here for all students to learn how to con-

struct automated systems, even if some may only be designing them."

At any placement, as offered in an upper engineering program, they are positioned with opportunities in the likes of Volkswagen, Bosch, Siemens, Rexnord Automation and ATB Automation. These companies are major players in the industry and use automated technology to cut costs for their business and businesses.

Walker and his electrical engineering students have found jobs at ATB, Bosch Siemens and the automation company Siemens Engineering in Guelph. One of his former students recently began working with Bosch in Mexico (BM).

"He had been to Germany, Hungary, and is still now ready to come back working in production."

Centennial grads also become international project engineers for automation companies and Walker, who before teaching at Centennial worked in China and parts of Europe.

"I'd love to travel and pass my people skills with my engineering knowledge," said Terry Walker. "I would like electrical engineering technology students."

Centennial and the Bosch Institute of Technology (BIT) with members of Postsecondary Ontario, are the first new partnerships to receive major grants and contributions from the CEAB.

## 'Maid' to feel like home

By JEFF BURKE

Centennial residence director

Some would say that working as a housekeeper is a not-so-great job, but for an unassuming maid, especially with all the modest pasties and unadorned maidiness making a mess.

But there is a lot more to this job than most people think. The cleaning staff at Centennial residence does more than clean the buildings. They ought to know the residents personally.

Lisa Morris is the housekeeper supervisor for the Centennial residence. She has worked there for two and a half years. One of the perks of

her job is to sit in a friendly way to the students.

"They call me 'Mama Morris.'

For more than three years when there was no one else around, "Lisa said.

Of course, there are times when students get a bit perky or loud. Morris said the most done for the cleaning are Mondays after a weekend of student parties. She also does at least one a month when she's not busy.

Jean Collier is the maid's supervisor for the

Centennial residence. She said the main reason no changes to dues and laundry fees. Dues often have to be increased and laundry fees replaced. They have also had problems with some students not taking care of their rooms.

"Some of them were pretty bad," said Collier.

"We've never had to evict a room in a year. (However) we've had to pay a lot of work into the rooms."

But it's not always that bad. Collier said laundry fees have improved every year.

"I feel that over the years it's been getting better and better."



### COUNSELLOR'S CORNER: Loneliness

Many of you are here far out of town, some are living away from home for the first time. What a change! There is no one in sight to tell what you are doing and where. Curious — what's a curfew? There is also no one to ask, "How was your day?" "What time would you like to have dinner?" and to say "I love you."

The excitement of new freedom and opportunity may be tempered by homesickness — missing your family, friends and community. Soothe you'll get to know some of your classmates, though you may not other peers. Perhaps you'll get involved in extracurricular activities at the Recreation Centre, on-campus and events through the student government. Read Spear, your school newspaper, and visit Shepherd's Lyle to familiarise yourself with happiness, oh stupor.

You can reach with a counsellor in Counselling Services to talk about adjusting to your environment and to do some problem solving about getting involved in your college and your new community.

A Message from Counselling Services, 1A/191

# New sound for Red Hot Chili Peppers

## By KENNETH BLUMFELD

It has been roughly five years since a Red Hot Chili Peppers song played on the air radio or people never even heard it. But here's five long years since the Chili Peppers' *By the Way* (in 2002) we could not go 24 hours without hearing that song or seeing the video on television. When we are. September 2001 and The Chili Peppers are back with their 10th studio album, titled *With You*.

It has been said that the Chili Peppers were looking for a break and start with *With You*, after the departure of longtime guitarist John Frusciante.

Frusciante had been with the band since 1988, although he had a break during the late '90s to go to rehab. That is only the second album in over 10 years that Frusciante has left. Frusciante's incomplete guitar left a空缺 in former Jack Irons' position for the long-standing member, and for the most part, it was on the album. Those are a few times when you would have expected a break into the band, just as the album would show the band after the 10 years of not doing any more.

Despite the fact that Frusciante is missing on one

track, singer the Chili Peppers have once again provided an album that is a good mix of old fashioned rock music along with pop sounding rock tunes to keep things interesting. The songs still hold a hybrid blend like no other, at least, longer.

Anthony Kiedis has not set the focus to the albums since *By the Way* series of *One Dance Magazine* along with Flea's never having had time.

The *Adventures of Flea* Magazine is a good mix to continue off the album than from first reading it almost five years. It is a funky tell all, but not over the top and Flea's love of some of their older songs. It may prove to be the start of a never fixed

of the Red Hot Chili Peppers name. Much like their previous four studio original greatest *Hotel California* and *John*.

Frusciante, the hard seems like he has taken time to figure out exactly where they want to go.

Frusciante may be the one people know best for a band that has been through a lot over the years. The Red Hot Chili Peppers remained as focused as ever to bring them on a tour worth listening to.

Whether it is the funky opening to the song *Change* where Kiedis simply says "NO" or *One* at a few times while breaking out the song, or the slowly building *Breakfast's* *Death* done in a

good to hear music from The Red Hot Chili Peppers whether it be with *Provisions* or not.

Frusciante will prove over time that he can be a solid member of the band, already proving on this album that he can play multiple instruments.

He not only played the guitar for the day, but the keyboard on a few tracks as well as the ten guitars.

The Red Hot Chili Peppers may have a few kinks to work out along the way, but with their dedication and determination, it is pretty much guaranteed that this is not the last we'll hear from them.

## Change the world by changing you

### By RANDI BERNSTEIN

"Change the world by changing you?" Sounds simple does it not? Yet, is it? That was the question Eric Johnson asked himself and one day she decided that the answer was a simple one. *Ushering* is a local organization that helps people find independence at the end of their hardships.

At 14 Eric had left the town of LaGrange, Iowa, for a world trip with a youth group to Toronto. The group did volunteer work at the community and helped others in need. As a child Johnson's family ran the "Project Farm" as she called it, which meant a group brought them food and clothing and groceries from the market. People meant well, but they didn't give much thought to how it changed. It was "embarrassing, rather than empowering," said Johnson, while sipping on her coffee. After the trip was over, she felt very separated from the people she met in Toronto, and while later she did other mission work around the world including to Nekempe, Germany, Jamaica, Texas and Chicago, she never lost her special connection to the people she met during her first mission trip.

At the age of 18, Johnson started what she called "the process of Ushering" she believed in that helped her to realize what people wanted to do with their lives. She said, "I think they were, they would have a greater chance of getting through to them. I knew the outcome of what I wanted to do with my life but I

didn't know how to go about accomplishing that... until I met Kim 'Wings' and Johnson with a smile on her face.

Johnson moved to Richardson in 2000 and met Alan M. through social justice organizations that they were both affiliated with. Johnson's relational advances as people who support or speak in favor of a cause. They both helped people who struggled with addictions and depression, and because of it they developed a strong trust in each other. Johnson even visited Wings to come to an agreement for part a day and said if he liked it, yet Wings ended up staying the whole trip because he was so touched by what was happening.

Wings is a community, and shortly after he jumped on board and became Johnson's official partner in the organization.

Ushering is unlike most organizations, in a sense model. They take groups ranging from 12 to 18 years of age, from all around the world and give a week's orientation to "Ushering" where they become the students.

The teachers are the human help people and the refugees. It goes along the lines of "walk a mile in their shoes." They live in with their teachers and Wings. The students stay at a backpacking hotel and the days are filled with intense discussions that cause them to want to reflect and look at their life. "We give people space and permission to do what they do, they should have a greater chance of getting through to them. I knew the outcome of what I wanted to do with my life but I

Wings. "I will never forget the love stories, emails and sights of Toronto streets. The interaction with those on the streets is... Wings changed my life. It changed my perspective on those who often are avoided or ignored. This is how I started living my life.

The volunteers, themselves are very experienced and they teach people how to process their feelings through moral reasoning or creating something with their hands. They encourage people to look at the different ways to process emotions, as well as helping deeper into people to find out who they really are, instead of assuming their perceived image.

"It kinda like love your neighbor as you love your self, but how can you love someone when you're afraid of them, or you don't understand them or you don't know they exist?" said Wings.

When they are not planning the excursions, Johnson and Wings are busy teaching various classes at the local university and high schools as well as doing relational advocacy throughout the community. "We learn by helping others" said Wings.

The trips costs between \$2000-\$3000 and the money is used for all the all-inclusive treatment, the students' room, as well as to pay the teachers. The money raised comes from sponsors and fund raisers and all goes toward the participants. Ushering is known around the world simply by word of mouth.

For more information, visit [ushering.org](http://ushering.org)



PHOTO BY RANDI BERNSTEIN

Johnson, right, and Wings, sitting together in Richardson on Sept. 16.

**Making Connections**

Eric Johnson, an originally homeless person, including Wings. We believe that everyone deserves a chance to succeed. We are a non-profit organization that provides education, training, and support to individuals who have experienced homelessness, domestic violence, and mental health issues.

With the Canadian Mental Health Association, we are working to increase awareness of mental health issues and services.

For more information, visit [ushering.org](http://ushering.org)



# Playing to your full advantage

## Conestoga hires its first full-time varsity sports therapist

By JEFF LARSEN

The old saying, "if it ain't broke, don't fix it," won't apply at Conestoga College this year.

The college has hired its first full-time varsity sports therapist.

Norman Campbell, who has been a certified therapist since 1987 for eight years, started working with Conestoga's 10th team when varsity sports started this school year.

He will be responsible for a variety of different tasks, including, dealing with injuries that happen and, working to prevent injuries for both players and coaches.

"The athletes want to play they don't want to sit on the sideline," said Campbell. "In the future I can get them back to play, sit and help as much as possible, the better it is for everybody."

Campbell's clients will be Conestoga's various schools who have past and muscle related. The most common injuries are those we see in athletes, coaches and players. Injuries are typically from contact sports like football or the player on the line, the off-line or the player's personal fitness level.

"There's also the same seven staff all the way to personal concussions and agent injuries that I hope never happens, but I have dealt with that and am prepared to deal with that," he said.

He will treat the injured players with positive "upping," which, motivates and motivates an athlete to return to the playing field. He will also work to bring the



Norman Campbell helps first-year general education student Sean O'Boyle with his lower back after an after-midnight run. Campbell is the college's first full-time varsity sports therapist.

Conestoga's first full-time varsity sports therapist is a welcome addition to the sports field, according to the various teams on Sept. 10.

He is also striving to make other athletes as safe as they can, prevent injuries themselves. Athletes can help prevent injuries on a daily basis by participating in a good warm-up and cool-down exercise, making sure they are not overdoing their sport, and proper nutrition.

All of these athletes are high-level athletes, as they have their game, but they know their game, but they

practice as well as need to, they may not walk into a "grand cold," said Campbell.

From your humanist standpoints, Campbell, Holmstrom, who is a member of the women's soccer team, recently suffered an ankle injury. She has been treated by Campbell and enjoys the benefits of having a therapist.

"It will help everyone stay healthy and play in their full advantage because if anything happens he will just be right there," said Holmstrom.

During the popular season, Campbell will attend certain games to accommodate an game injuries. He can't attend every game because he is the school's only sports therapist, so certain factors will decide which games he will cover, high-risk and home games will be his priority.

Campbell's office is inside the residence areas where mostly athletes stay, so if they need any medical treatment, he will be there.

He is excited to be the school's first, full-time ther-

apist because it gives him the ability to develop his health system for the athletes.

"Because there is a new year, I hope to develop a lot of systems and put them in place. Through partnerships, consulting on athletes' medical conditions, and eventually establishing a place in the building that can treat athletes," he said. "And this is the start of it, that is going to be a longer process. Everything isn't going to happen that year, but I'm starting that."

## Thirsty Leafs intend to end playoff drought

It has been four seasons since the Toronto Maple Leafs have won post-season hockey and three seasons since Maple Leafs Sports & Entertainment hired Brian Burke as president and general manager to bring the most legendary and storied franchise back to respectability.

Burke has been busy ever since being hired in November 2000, but after completely reworking the Leafs' business through trades and signings, rather than building through the draft, I believe he has finally succeeded in he filled some big holes that were plaguing the team.

The Leafs finished last year



Andrew  
Darrin  
Ouellette

in a eight games of the play-offs, mainly due to the bad luck of losing to the New Jersey Devils in the first round, extending James Reimer's final season the season with a 26-18-1 record and a .901 save percentage despite only starting 17 games. If the Marlies, Mississauga can repeat, he will add another year to his regular season and playoffs and could be as soon as the play-off play-offs. However, I still believe the

Leafs will be in the play-offs given the talent they added on both the offensive and defensive sides in the off-season to prevent some surprises.

Tom Gosselin was signed as a free agent out of Buffalo for the injury that he got in the 2001-02 season. The Maple Leafs have been looking for since the departure of Mike Gartner.

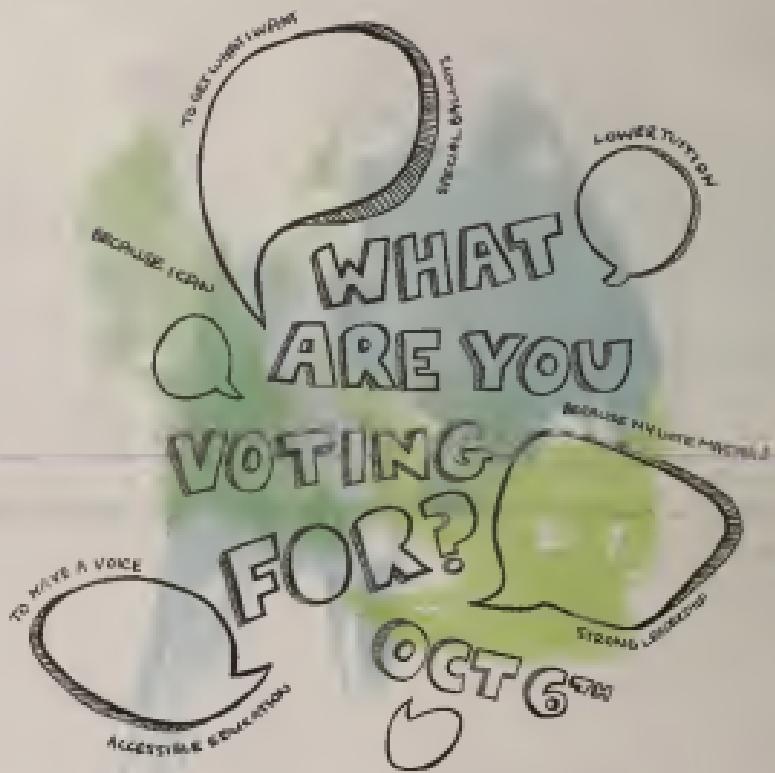
Generally a solid point on ice, as is the playmaker Phil Kessel as looked for his health can hold up for the duration of the season, he will provide size and talent to the team's top line as well as be as soon as the play-off play-offs. However, I still believe the

team's biggest addition may have gone under the radar.

Mike Lombardi may have been a huge find for the Leafs. He will bring what does capable to the team's bottom line as well as add a veteran presence to a young Maple Leafs team. Also his speed and soft hands will provide the experience with more depth at the centre position when combined with his defensive skills. Lombardi will also be valuable to the team when it comes to the penalty kill. Last year, the Leafs ranked 19th in the league, better only than Minnesota and Colorado. Cole Fassina, #17 and #23

who also came to Toronto as the trade from Anaheim along with Lombardi, will attempt to use his role to earn a spot on defencemen and that can match up with the best in the league. It currently contains Mike Komisarek, Keith Andels, Dino Ciccarelli, the recently acquired John Michael Liles and Gianni DiCarlo and, of course, Luke Schenn.

With all of these additions Brian Burke has given the Maple Leafs the opportunity to once again contend for the play-offs. But games are not won on paper but rather on the ice, so lets hope all of them are as improved as they appear to be.



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